

Suicide Prevention During the Coronavirus Pandemic

Help Is Available 24/7/365

During times of physical distancing, it is normal to have increased feelings of loneliness, sadness, fear, or anxiety. If things feel unbearable, or if you're having thoughts of ending your life, help is available. No matter what you are experiencing, suicide is preventable, and there are proven resources and effective treatments for overcoming suicidal thoughts.

STAY ACTIVE

A healthful activity can involve whatever brings you joy, peace, or a sense of satisfaction. For some, that might mean reading novels, while others reap the same benefits from cooking, car repair, or exercise. Find your recreational passion and make it a priority in your life.

KEEP YOUR HOME SAFE

By practicing **safe storage of firearms and medications**, you can reduce the risk for suicide or injury for everyone in your home, including children who may be visiting or living with you.

- Keep firearms locked and unloaded, and separate firearms from ammunition when they're not in use. Learn more at nssf.org/safety.
- Medications should be safely and securely stored when they are not in use.

CONTACT THE VETERANS CRISIS LINE

If you are a Veteran who is having thoughts of suicide — or you're concerned about one — free, confidential support is available 24/7. Call the Veterans Crisis Line at **1-800-273-8255** and **press 1**, text to **838255**, or chat online at VeteransCrisisLine.net/Chat.

EXPLORE SELF-HELP RESOURCES

These resources can help with enhancing your mental health during the COVID-19 pandemic:

- [VA's Suicide Prevention Page](#) provides information on suicide risk and prevention and links to VA and external sources of mental health support for Veterans and their families.
- [MakeTheConnection.net](https://www.maketheconnection.net) connects Veterans with information, resources, and solutions to issues affecting their lives, including those that may increase [suicide risk](#).
- [Psych Armor S.A.V.E.](#) is designed to help individuals identify when a Veteran may be at risk for suicide and explains what to do in response to concerns about suicide risk.
- Veterans who are homeless or at risk of becoming homeless, as well as their families and friends, can contact the [National Call Center for Homeless Veterans](#) to talk with a trained counselor and learn about sources of mental health, housing, and other support.

STAY CONNECTED

Technology has made it possible for all of us to stay connected. Seek support from your family, friends, mentors, clergy members, and people you know who are having experiences like yours. As a Veteran, your resilience and strength can also assist others during these times.

KEEP YOUR MENTAL HEALTH APPOINTMENTS

Learn ways to connect with VA providers:

- VA offers both [video and phone](#) telemental health options that do not require you to go to your closest facility in-person should you have a medical concern or need to follow specific physical distancing guidelines in your community.
- [Schedule or reschedule your appointment online](#). If you are requesting a new mental health appointment, please call your [local VA](#) and they will work to arrange an appointment for you. If you need same day access for mental health services, call your [local VA](#) to request this and you will be connected to care.

STAY INFORMED, STAY ENGAGED

Stay engaged with VA information as it becomes available so you can continue to maintain your mental health:

- [VA's Novel Coronavirus Disease \(COVID-19\) webpage](#) has the most current information and [VA's Coronavirus FAQs](#) page provides answers to many important questions.
- You can communicate with your care team, track your health information, and access your VA health records from your computer or mobile device with [My HealtheVet](#).
- [VA Video Connect](#) provides secure video visits with your VA care team from anywhere.
- [Mental Health Apps for Veterans](#) help Veterans manage feelings of stress and anxiety and also remain in contact with their VA care providers.
- [Healthy Sleep](#) at My HealtheVet provides guidance on getting the right amount of daily sleep.
- [VA's Mental Health Coronavirus Page](#) has information on maintaining your mental health and well-being during the COVID-19 outbreak.

